

A circular illustration of a person with blonde hair, wearing a yellow shirt, sitting at a desk. Above their head is a thought bubble. The left side of the bubble contains a light blue, fluffy cloud, while the right side contains a dark, stormy cloud with rain falling from it.

What is the fear of pain questionnaire ?

Pen and paper version

1. Read and understand questions on a page **OR** understand questions when they are read out loud to you
2. Select an option out of 5 on a scale and understand what this means
3. Circle a number on the paper

Talking Mats® version

1. Look at pictures to help you understand a question
2. Listen to the explanation given by someone else (could be a parent, support person or health professional)
3. Put the picture under the symbol that best represents you and how you feel **OR** use your eyes to show where you would like to put the symbol

4 Examples

"Pain makes me afraid something bad will happen"




5 The role of the support person




Fear of Pain Questionnaire


- Adapted for Cerebral Palsy -

When you are hurt or in pain for a long time or a short time, how does pain make you feel?


	 This is not me	 This is sometimes me	 This is me
1 Pain makes my heart beat fast	0	1	2
2 Pain makes me feel scared	0	1	2
3 Pain makes me worry			
4 Pain makes me not want to go to things			
5 Pain makes me want to stop any activity when my body hurts			
6 Pain makes me not want to go to school/work because it makes my pain worse			
7 Pain makes me not want to make plans			
8 Pain makes me want to put things off			
9 Pain makes me think something bad will happen			
10 Pain makes I can't pain in because I think my body will hurt			




My feelings about pain




Think something bad will happen




Don't think about pain




Don't think about pain




Don't think about pain



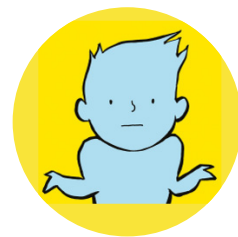
Don't think about pain



Don't think about pain



Don't think about pain



Fear of Pain Questionnaire

- Adapted for Cerebral Palsy

6 How to set up the Talking Mats® version

1. Download picture symbols
2. Print off the picture symbols and cut them out
3. Choose the pictures that are most appropriate for the person
4. Present each picture one at a time. Leave the pictures with the "bite" out of the bottom left corner until last as these are the most difficult to understand
5. As you present each picture, ask the following question:

"Pain makes me"

"Is it me, sometimes me, not me?"

The person can also place the symbol in between the columns if they are not sure

6. Allow the person responding to place the picture under the symbol they think is most appropriate
 - If they cannot pick up and place the symbols, they can indicate with their eyes or by using another method (e.g. switches)

7. Give the person time to think and decide where the symbol goes. They can change where it goes at any time
8. At the end, go through the picture mat the with person who completed it. Check that they are happy with where they have put the pictures

You could say: 'I want to check that you are happy with where you have put each picture. You said that these ones are you - pain makes you [list pictures under that symbol].

These ones are sometimes you - pain makes you [list pictures under that symbol]

These ones are not you - pain makes you [list pictures under that symbol]'

9. Take a picture of the mat and send it to the health care provider involved

We recommend that all people assisting someone to use the Talking Mats version complete Talking Mats Foundation Training to ensure responses are as accurate as possible



7 Scoring – for health care providers

1. Pen and paper: add up the total of items 1-10 (/40).
2. Talking Mats® framework version:
 - Not like me = 0, Sometimes like me = 2, a lot like me = 4
 - If the person has put an item in between the three categories, then this corresponds to the number in between (e.g. between 'sometimes like me' and 'a lot like me' = 3)
 - Total of all items = (/40)

8 Healthcare providers to feedback the results of the assessment, including:

1. What the assessment told us about the person's pain
2. What the next steps for management/intervention are



0	1	2	3	4
 This is not me	 This is sometimes me	 This is me		
 Think something bad will happen	 Heart beat fast	 Not want to make plans	 Want to stop any activity when my body hurts	 Worry
 Feel scared	 Can't join in because my body will hurt		 Not want to go to school because it makes my pain worse	 Want to put things off
			 Not want to go to things	
0 x 4 = 0	1 x 0 = 0	2 x 1 = 2	3 x 0 = 0	4 x 5 = 20
(22/40)				